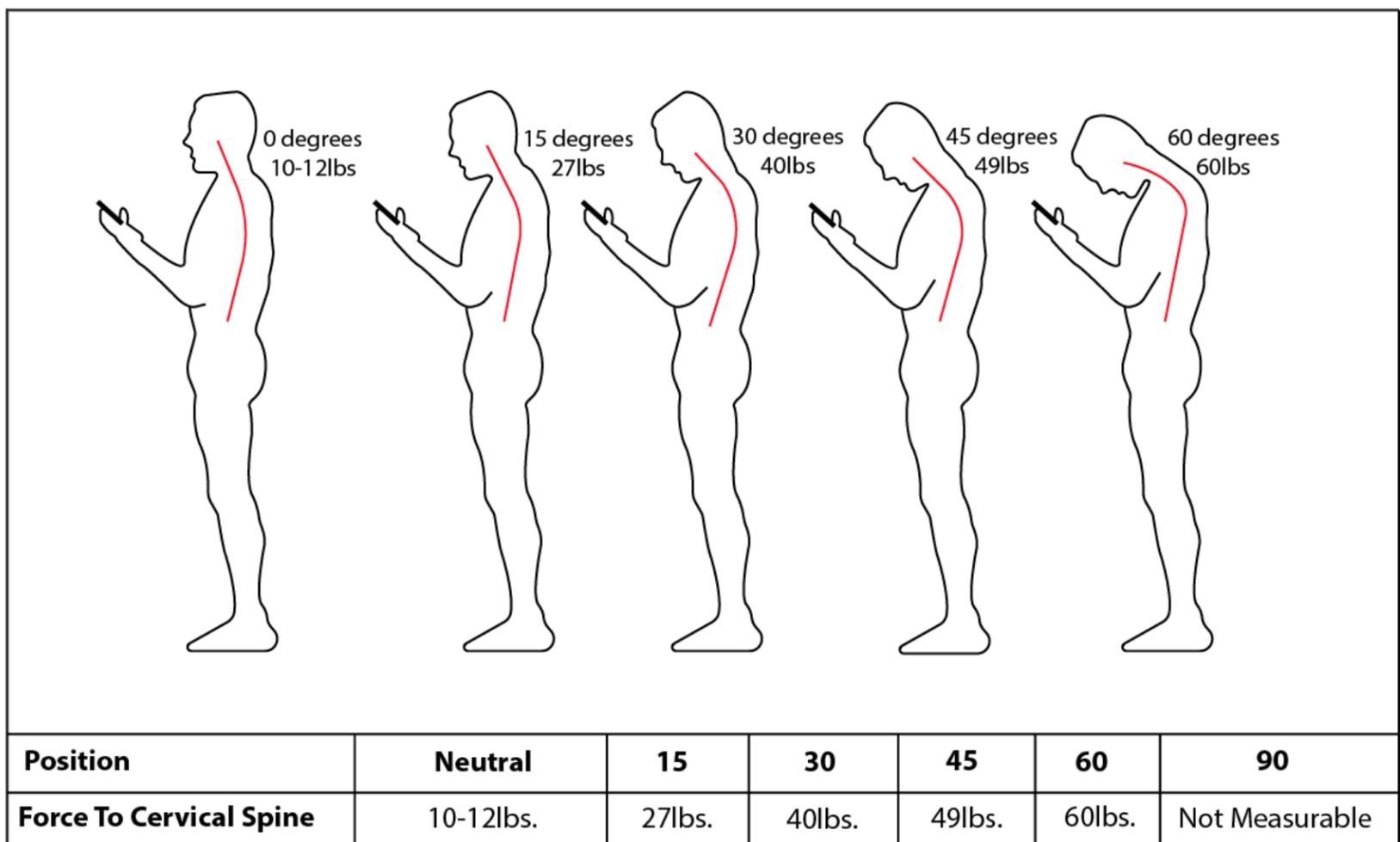


## OMG ERGONOMICS & MOBILE DEVICES

**FACT:** The average adult head weighs roughly ten pounds when it's in the upright or neutral position. Bending the neck forward just a few degrees can change the force on our spine from ten pounds to as much as 60 pounds.

**Illustrated Amount of Self-Inflicted Daily Pressure from Dr. Kenneth K. Hansraj, Chief of Spine Surgery at New York Spine Surgery & Rehabilitation:**



### “Proper Hand Position” and “Right Screen Height” Tips:

- Bring screen up to eye level.
- Set up devices (tablets) in a way not to be looking down on them.
- Take a break every 10-15 minutes and stretch the neck.